

# Culpeper County Parks & Recreation – **SWIMMING LESSONS**

Held at Culpeper Recreation Club, 13163 Recreation Road, Culpeper



## Swimming Lesson Guidelines

- Children not toilet-trained must wear swim diapers.
- Students may need to attend several sessions of lessons before progressing to the next level.
- If a student enrolls in a lesson that is too advanced for his/her skills, CCPRD staff will make every effort to accommodate the student by placing him/her in the appropriate level. However, if the appropriate level is not available during the same dates, the registration fee will be refunded or the student may register for the appropriate level offered during a later session. The student will not be allowed to participate in a level that is too advanced for his/her skills.
- Only registered participants are allowed in the pool during swim lessons. Parents & siblings will be required to wait outside of the pool area during the lesson.
- Skills provided in the Swim Skills Progression Chart are guidelines set forth by the American Red Cross.

| Level         | Ages         | Class Length | Pre-requisite   | Skills Taught  |
|---------------|--------------|--------------|---|--|
| Mommy & Me 1  | 6–18 months  | 30 min.      | Parent/Adult must get in the water.   | Proper supports & holds, water safety, basic skills, games to encourage participation.   |
| Mommy & Me 2  | 18–36 months | 30 min.      | Parent/Adult must get in the water.   | Building on Level I skills and adding on more advanced skills.   |
| Preschool I   | 3-5 years    | 30 min.      | Must be able to leave parent willingly and follow directions.   | Water adjustment, safety, entry, floating and breathing introduced.  |
| Preschool II  | 3-5 years    | 30 min.      | Able to submerge face, blow bubbles, front glide and float on front & back.                                   | Back float and recovery, locomotion skills, arm & leg action on front & back.  |
| Preschool III | 3-5 years    | 30 min.      | Able to swim 3 body lengths with arm & leg action, float on front & back 5 sec. with recovery.                | Using guided practice, effectively coordinate combined simultaneous and alternating arm & leg action.  |
| Level I       | 6-17 years   | 45 min.      | Must be able to participate in a group and follow directions.   | Water exploration and safety skills. Entry, floating and breathing introduced.   |
| Level II      | 6-17 years   | 45 min.      | Able to travel 5 yards, submerge face 3 times, front glide, roll to back and float 3 sec.                     | Achieve success with fundamental skills. Float without support, locomotion skills and alternating arm & leg action.  |
| Level III     | 6-17 years   | 45 min.      | Able to swim 5 body lengths using combined arms & legs, front and back float 15 sec.                          | Survival float, elementary backstroke, coordinate front crawl. Intro to scissor & dolphin kick. Fundamentals of treading.  |
| Level IV      | 6-17 years   | 45 min.      | Able to swim 15 yards front crawl with rotary breathing, tread water and swim elementary backstroke 15 yards. | Develop confidence in strokes, increase endurance in front crawl & elementary back stroke. Build on scissor & dolphin kick adding arms for sidestroke and butterfly. |
| Adult Level 1 | 18+          | 45 min.      | For the adult that is fearful of water  | Water exploration and safety skills. Entry, floating and breathing introduced.   |
| Adult Level 2 | 18+          | 45 min.      | For the adult that is able to submerge their face in water  | Achieve success with fundamental skills. Float without support, locomotion skills and alternating arm & leg action.  |



| Level                 | time          | Dates     | Days      | Make up Day | Code #    |
|-----------------------|---------------|-----------|-----------|-------------|-----------|
| Adult - Level 1       | 7:00a-7:45a   | 5/30-6/9  | Mon-Thurs | Fri         | 3622.0037 |
| Adult - Level 1       | 7:00a-7:45a   | 8/8-8/18  | Mon-Thurs | Fri         | 3622.0001 |
| Adult - Level 2       | 7:50a - 8:35a | 5/30-6/9  | Mon-Thurs | Fri         | 3622.0038 |
| Adult - Level 2       | 8:05p-8:50p   | 7/12-8/30 | Tue       | Wed         | 3622.0002 |
| Adult - Level 2       | 7:00a-7:45a   | 7/9-8/27  | Sat       | Sun         | 3622.0003 |
| Adult - Level 2       | 7:00a-7:45a   | 8/8-8/18  | Mon-Thurs | Fri         | 3622.0004 |
| Level 1               | 7:35p-8:20p   | 6/6-8/1** | Mon       | Mon         | 3622.0005 |
| Level 1               | 7:35p-8:20p   | 7/12-8/30 | Tue       | Wed         | 3622.0006 |
| Level 1               | 7:50a-8:35a   | 7/25-8/4  | Mon-Thurs | Fri         | 3622.0007 |
| Level 1               | 8:40a-9:25a   | 7/25-8/4  | Mon-Thurs | Fri         | 3622.0008 |
| Level 1               | 8:40a-9:25a   | 7/25-8/4  | Mon-Thurs | Fri         | 3622.0009 |
| Level 1               | 8:40a-9:25a   | 7/9-8/27  | Sat       | Sun         | 3622.0010 |
| Level 1               | 8:40a-9:25a   | 7/9-8/27  | Sat       | Sun         | 3622.0011 |
| Level 1               | 8:40a-9:25a   | 8/8-8/18  | Mon-Thurs | Fri         | 3622.0012 |
| Level 1               | 9:30a-10:15a  | 8/8-8/18  | Mon-Thurs | Fri         | 3622.0013 |
| Level 1 (home school) | 8:40a-9:25a   | 5/30-6/9  | Mon-Thurs | Fri         | 3622.0039 |
| Level 2               | 8:05p-8:50p   | 6/6-8/1** | Mon       | Mon         | 3622.0014 |
| Level 2               | 7:50a-8:35a   | 7/25-8/4  | Mon-Thurs | Fri         | 3622.0015 |
| Level 2               | 7:50a-8:35a   | 7/9-8/27  | Sat       | Sun         | 3622.0016 |
| Level 2               | 7:50a-8:35a   | 8/8-8/18  | Mon-Thurs | Fri         | 3622.0017 |
| Level 2               | 8:40a-9:25a   | 8/8-8/18  | Mon-Thurs | Fri         | 3622.0018 |
| Level 3               | 7:00a-7:45a   | 7/25-8/4  | Mon-Thurs | Fri         | 3622.0019 |
| Level 3               | 7:00a-7:45a   | 7/9-8/27  | Sat       | Sun         | 3622.0020 |
| Level 3               | 7:50a-8:35a   | 8/8-8/18  | Mon-Thurs | Fri         | 3622.0021 |
| Level 4               | 7:00a-7:45a   | 7/25-8/4  | Mon-Thurs | Fri         | 3622.0022 |
| Level 4               | 7:50a-8:35a   | 7/9-8/27  | Sat       | Sun         | 3622.0023 |
| Mommy & Me 1          | 10:15a-10:45a | 5/30-6/9  | Mon-Thurs | Fri         | 3622.0040 |
| Mommy & Me 1          | 7:00p-7:30p   | 6/6-8/1** | Mon       | Mon         | 3622.0024 |
| Mommy & Me 2          | 7:00p-7:30p   | 7/12-8/30 | Tue       | Wed         | 3622.0025 |
| Mommy & Me 2          | 10:05a-10:35a | 7/25-8/4  | Mon-Thurs | Fri         | 3622.0026 |
| Mommy & Me 2          | 10:05a-10:35a | 7/9-8/27  | Sat       | Sun         | 3622.0027 |
| Preschool 1           | 9:35a-10:05a  | 5/30-6/9  | Mon-Thurs | Fri         | 3622.0041 |
| Preschool 1           | 9:30a-10:00a  | 7/25-8/4  | Mon-Thurs | Fri         | 3622.0028 |
| Preschool 1           | 9:30a-10:00a  | 7/9-8/27  | Sat       | Sun         | 3622.0029 |
| Preschool 1           | 10:20a-10:50a | 8/8-8/18  | Mon-Thurs | Fri         | 3622.003  |
| Preschool 2           | 9:30a-10:00a  | 7/25-8/4  | Mon-Thurs | Fri         | 3622.0031 |
| Preschool 2           | 9:30a-10:00a  | 7/9-8/27  | Sat       | Sun         | 3622.0032 |
| Preschool 2           | 9:30a-10:00a  | 8/8-8/18  | Mon-Thurs | Fri         | 3622.0033 |
| Preschool 3           | 10:05a-10:35a | 7/25-8/4  | Mon-Thurs | Fri         | 3622.0034 |
| Preschool 3           | 10:05a-10:35a | 7/9-8/27  | Sat       | Sun         | 3622.0035 |
| Preschool 3           | 10:05a-10:35a | 8/8-8/18  | Mon-Thurs | Fri         | 3622.0036 |

\*\*no class 7/4